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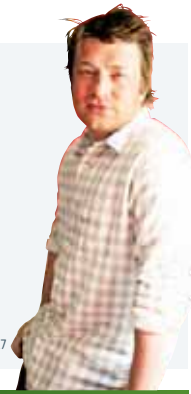
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MEALS IN 15 MINUTES? THE NAKED CHEF
DISHES ON HIS LATEST BOOK OF RECIPES PAGE 17



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More AHS expenses probed



Health Minister Fred Horne says new allegations about expense claims from AHS executives relate to the former health region and much more stringent rules are now in place for expenses. ANNALISE KLINGBEIL/METRO

Scandal. Premier Redford's sister expensed public for Tory party events: Documents

Documents show the sister of Alberta Premier Alison Redford used her position as a health board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

Wildrose party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government grant and

Quoted

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called into account."

Wildrose party Leader Danielle Smith on allegations that health officials abused their expense accounts.

operating money to the PC party.

"This connects with the broader story of repeated instances of illegal activity in giving donations to a partisan political party from taxpayer dollars," said Smith. "We want to know how widespread that problem is."

The documents show \$3,448 worth of political spending by Lynn Redford, including \$220 for two nights in a hotel for a Tory convention in 2005.

There was \$894 in mileage

and parking to attend PC fundraisers, barbecues and a golf tournament.

In 2007, Lynn Redford claimed more than \$500 to put on a barbecue for Tory MLAs, including almost \$400 for liquor, other drinks and bug repellent.

She also billed taxpayers for \$141 to sign up and attend the Alberta Liberal party general meeting in 2005.

Premier Redford, appearing on CTV's political program Power Play, pointed out that the accusations go back to a time when Ralph Klein was premier and she wasn't even an elected MLA yet.

She suggested the criticism consists of a few "excited allegations" that will be clarified in the next few days, she said. "I have confidence in my sister."

Health Minister Fred Horne said the expenses date back before AHS was even created.

"I'm not going to make any comment on past health regions," Horne said.

THE CANADIAN PRESS

'Speak Out' campaign launched

Edmonton police encourage victims of domestic violence to come forward PAGE 4

Nativity not on the scene

60-year-old holiday tradition threatened by U.S. judge's ruling in Santa Monica, Calif. — Christian displays are out PAGE 11

Talking Pi-losophy

Life of Pi actor Suraj Sharma dishes on the life-changing role that turned him into a philosopher PAGE 14

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Development

Council approves growth plan

Edmonton will weigh the cost of its suburban neighbourhoods one at a time and try to make sure the city can manage its growth.

Council has approved a growth-management strategy that will see the city keep an eye on the cost of expanding neighbourhoods but won't restrict suburban growth.

An earlier draft of the strategy released last spring suggested growth in the suburbs could cost the city \$1.2 billion in new infrastructure requirements. Those numbers were not included in the final report, which still needs council approval.

Mayor Stephen Mandel said with so many factors, figuring out the cost of the suburban development years down the road would be very difficult.

"It becomes an almost impossible calculation to satisfy each side of the ledger," he said.

Mandel said the city will still push infill development, including through the airport-lands redevelopment, but that is also difficult.

"Downtown and central city areas are difficult to redevelop because people don't like change, and if you don't like change you are constantly fighting it, and council doesn't want to fight with neighbourhoods."

Janet Riopel, with the Urban Development Institute, said the strategy was worth the effort and something the development industry could move forward on.

"We believe this strategy will be a milestone in order to evaluate the benefits of growth," she said.

RYAN TUMILTY/METRO



The Puerto Vallarta SPCA is asking Albertans to fly home with dogs that have already been adopted or to adopt animals of their own. CONTRIBUTED

Headed south? Help a Mexican dog in need

In search of homes.

Puerto Vallarta SPCA needs Albertans to adopt or transport animals

ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Even though they're from Mexico, dogs from the Puerto Vallarta SPCA love Canada's chillier temperatures and are looking to find their forever homes in Alberta.

"The dogs love it when they get here," said Stephanie Dubinsky, a volunteer with the SPCA in Puerto Vallarta.

"They're safe up here.... We have four seasons. They love the snow."

SPCA

- The Puerto Vallarta SPCA was started by Americans and Mexicans in 2007 and is typically filled to capacity with 50 dogs
- The Puerto Vallarta SPCA places animals in homes

in Alberta and B.C. because they have several volunteers in Canada's West.

- The facility adopts out animals to tourists and to Mexicans.

The Puerto Vallarta SPCA is in need of Albertans to adopt its dogs and Edmontonians and Calgaryans to travel from Mexico to Canada with animals who have already been adopted by fellow Albertans.

"We don't have enough travellers to get them out of Mexico," Dubinsky said.

Recently there has been

a "huge desire" for Mexican dogs in Edmonton and Calgary, something Dubinsky attributes to the number of Albertans who visit Puerto Vallarta, the sheer number of dogs that exist in the country and the abuse many Mexican animals suffer.

"You literally walk out your door in Mexico and you'll see a stray dog," Dubin-

sky said.

Shawna Randolph, spokeswoman for the Edmonton Humane Society, said while Edmontonians should do their homework before adopting an animal from Mexico, the society understands the emotion and effort behind people who want to help Mexican dogs.

Randolph said while local animals are always the first priority, the Edmonton Humane Society brings in dogs from other jurisdictions, including small dogs from California through a program called the California K9 Cuties Animal Transfer Program.

"There are so many homeless animals and we always say that it's essential to make sure you're helping wherever you can," she said.

11 NEWS



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Staff Sgt. Darcy Strang, of the EPS Domestic Offender Crime Section, stands beside photos that will be used in an awareness campaign urging the public to report incidents of domestic violence. ANNALISE KLINGBEIL/METRO

'Speak Out' against domestic violence campaign launched

On the rise. Edmonton police encourage victims to come forward as domestic violence cases go up

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

As the number of reported cases of domestic violence in Edmonton rises, police are encouraging victims and witnesses to come forward.

On Monday, the Edmonton Police Service launched "Speak Out," a series of stark print advertisements and television commercials they hope will empower victims and witnesses to report domestic violence.

"There are real monsters out there," said Staff Sgt. Darcy Strang.

Strang said police can

help the many victims of intimate partner violence who feel isolated and can't see a way out.

"Leaving an abusive relationship is a very difficult thing to do and the very first step in the long and difficult process is to ask for help," he said.

While the public awareness campaign shows only women, 12 per cent of victims are men and intimate partner violence affects both sexes, all cultural groups and every occupation, Strang said.

The crimes that are fuelled by domestic violence can be devastating and the reasons the violence goes unreported range from an emotional connection to an abuser to financial issues, Strang said.

Last week EPS police chief Rod Knecht asked city council for more funding for officers, and Strang

Increased violence

- EPS officers responded to more than 5,000 reported cases of domestic violence between January and August 2012.
- That number is a 30 per cent increase over the same time period in 2011.
- The 'Speak Out' campaign uses intense images showing duct-tape covered mouths.

said the officers are badly needed.

"We'd really like to be able to deal with the domestic crimes in a very succinct professional way that will end that one incident as opposed to put a bandage on it and move on."



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Best Bar None. Voluntary program aims to reduce alcohol-related violence

Forty-eight Edmonton pubs, bars and lounges have received 2013 Best Bar None accreditation.

The voluntary program, which came to Edmonton in 2010, aims to reduce alcohol-related violence.

"It's raising the bar and it's bringing to light all of the various areas that a liquor license establishment should be looking at," said Sgt. Jake Montgomery, with the EPS public safety compliance team.

Bar owners that partake in the program, which is a partnership between police, the Alberta Gaming and Liquor Commission and local nightspots, spend money and time

to ensure their facilities are safe.

The criteria to be accredited is based on liquor legislation and regulation, the AGLC policies and industry best practices.

"The bars that take part, they certainly are better bars in the city in terms of just going above and beyond what they have to do," Montgomery said.

Rob Krock, a manager at Public House, said while participating in the project is a lot of work, it's worth it.

"As long as everybody does their part, it's not difficult to follow at all," he said.

ANNALISE KLINGBEIL/METRO



Public House is one of 48 pubs, bars and lounges in Edmonton that has received Best Bar None accreditation for a commitment to customer safety and responsible service of alcohol. Visit www.metronews.ca to see a map of all 48 accredited nightspots. LAURIE CALLEN/METRO

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City moves ahead on expropriation of amusement park

Proposed LRT line.
Park stands in path

RYAN TUMILTY
ryan.tumilty@metronews.ca

Council pressed ahead with the expropriation process on a southside amusement park Monday.

The owners of the Whitemud Amusement Park asked council to send city administration back to the negotiation table but, after receiving a private briefing, council's executive committee voted to move ahead with the process.

Daniella O'Callaghan, a lawyer who represents the park's owners, said they didn't feel consulted in the process.

"There has been one meeting between the two parties, but no meaningful input from city staff," she told council. "As my clients see it, negotiations haven't even started and if they

have failed it hasn't been on their part."

Sukhy Aulakh, whose family owns the park, said they understand they need to move, but they want the city to help them find a similar location.

"We are looking for land that is similar to what we have right now in terms of exposure. If there is no exposure and visibility it is very difficult to operate this type of business," said Aulakh.

She said without good visibility they won't be able to attract customers.

"We don't advertise that much, just because of the visibility and the exposure."

Before the issue was discussed, Coun. Kim Krushell said the city is very open to negotiations, but the LRT has to move forward.

"We will obviously look at that and there are other locations, but I appreciate that sometimes we have to impact businesses," she said.



City councillors voted Monday to move ahead with an expropriation process on the Whitemud Amusement park along with two other properties on the proposed southeast LRT route. RYAN TUMILTY/METRO

Quoted

"Customers already know the locations, so if we can find a similar parcel of land with a similar type of exposure then definitely we would consider moving to that location."

Sukhy Aulakh, one of the owners of the Whitemud Amusement Park that faces expropriation

Smoking. Alberta releases new tobacco reduction strategy

While overall smoking rates in Alberta have decreased, more young people are lighting up.

Minister of Health Fred Horne introduced the renewed tobacco strategy for Alberta, called Creating Tobacco Free Futures, at the Royal Alexandra Hospital on Monday.

The 10-year strategy proposes legislation to protect young Albertans from tobacco.

As of 2010, 13 per cent of Albertans between the ages of 12 and 19 smoke and the government is hoping to reduce this number to 6 per cent in 10 years.

"You're often asked as minister of health what keeps you awake at night... This is in fact the first generation of children in Canada to have a lower life expectancy than the generation that preceded them," Horne said.

The new strategy aims to make tobacco and tobacco-like products less attractive to youth by measures such as introducing legislation restricting the sale of flavoured tobacco.

By the numbers

- Overall smoking rates in Alberta have fallen from 25 per cent in 2001 to 19 per cent in 2010.
- Tobacco use in Alberta is responsible for about 3,000 deaths each year.
- It is estimated that 1,500 Albertans will die of lung cancer this year.

Gianna Marin, a 16-year-old high school student from Lloydminster, spoke on Monday of her experience witnessing her peers use flavoured tobacco products daily at school and in the community.

"In my region I have seen an increase in youth tobacco use. A ridiculous number of teenage boys are using spit tobacco," Marin said.

ANNALISE KLINGBEIL/METRO

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Middle-of-the-road hydro pole. How's this for a highway obstacle?

Allegations of corruption aren't the only plague upon Quebec's road construction network these days.

Officials say they are dealing with the puzzling appearance of a utility pole — smack in the middle of a provincial highway east of Montreal.

A photo of the pole, which is in the middle of Highway 251 in the Eastern Townships, appeared in local newspapers today. Locals say it's been there for two months.

The roadway had been moved to avoid a dangerous curb, but Hydro Quebec says it was only advised about the need to move its cables about three weeks ago.

But by then, the roadwork was already done.

A spokeswoman for the utility says a new pole is being installed and the electrical wires and telephone wires should be moved by the end of the week.

The provincial minister in charge of the region assured reporters at an event in Sherbrooke on Monday that



A utility pole stands in the middle of a road in Johnville, Que., on Monday. THE CANADIAN PRESS

proper precautions would be taken to ensure there was adequate signage in the area.

Highway 251 is a 38-kilometre stretch of provincial highway that runs north-south.

The improbable road obstacle has, fortunately, not caused any harm. Quebec provincial police say they've had no reports of accidents despite the bizarre pole placement.

THE CANADIAN PRESS

Hobbit. Producers forced animals to live in unfit conditions: Wranglers

Animal wranglers involved in the making of The Hobbit movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps."

The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. But it also says the wranglers' complaints highlight shortcomings in its oversight system, which monitors film sets but not the

facilities where the animals are housed and trained.

A spokesman for trilogy director Peter Jackson on Monday acknowledged that horses, goats, chickens and one sheep died at the farm near Wellington where about 150 animals were housed for the movies, but he said some of the deaths were from natural causes.

The spokesman, Matt Dravitzki, agreed that the deaths of two horses were avoidable, and said the production company moved quickly to improve conditions after they died. THE ASSOCIATED PRESS

FARC

Colombian rebels hold their fire as peace talks open

The top negotiator for Colombia's main rebel group announced a unilateral ceasefire on Monday, before heading into peace talks with government counterparts in Havana, Cuba.

Ivan Marquez said the Revolutionary Armed Forces of Colombia would stop all military operations against government starting at midnight Monday and running through Jan. 20. THE ASSOCIATED PRESS

Religion

Swaziland gets first female Anglican bishop

As the Church of England weighs whether it will allow women to become bishops, the Anglican Church has ordained its first female bishop in Africa.

Ellinah Wamukoya, 61, was consecrated Saturday to serve as the church's bishop in Swaziland, a tiny, impoverished nation surrounded by South Africa that is the continent's last absolute monarchy. THE ASSOCIATED PRESS

Military lobbied for drug testing

Invasion of privacy? Internal documents show army examined dramatic increase in enhanced screening

Quoted

"People have to know, if they're going to take the paycheque and sign on the dotted line and be trusted with these responsibilities, then this is one of the things they'll have to do."

Michael Drapeau, retired colonel and commentator on access to information

National Defence quietly examined the idea of designating more positions within the military as "safety sensitive" in order to catch and punish soldiers for illegal drug use.

Internal documents show the Canadian Army was particularly concerned. Over a four-year period, commanders in charge of troops in

Canada's central and western regions lobbied separately to draw up expanded lists of jobs that would be subject to the enhanced screening.

A spokeswoman for National Defence says the director of military career administration has not made

any changes, and the drug-screening program has not been expanded but is subject to continuing review.

Concern about possible drug use among troops over the last few years extended to the top, where the chief of defence staff, now-retired general

Walt Natynczyk, "stated that he is receptive to requests to designate other positions or occupations as safety sensitive," said a Nov. 14, 2011, briefing note, obtained by The Canadian Press under the Access to Information Act.

The Forces considered expanding the number of jobs subject to enhanced drug screening in 2007, but was halted because it couldn't justify the invasion of privacy.

The military administers blind drug testing on a regular basis, but the system results in no disciplinary action if the results come back positive. THE CANADIAN PRESS



Obama pays his respects in Cambodia on diplomatic tour

U.S. President Barack Obama returns a greeting to Bun Rany, wife of Cambodian Prime Minister Hun Sen, centre, prior to a gala dinner in Phnom Penh, Cambodia, Monday. Obama is on the final leg of his three-country tour of Southeast Asia. APICHAET WEERAWONG/THE ASSOCIATED PRESS



Paula Broadwell THE ASSOCIATED PRESS

Petraeus mistress 'devastated'

Paula Broadwell, whose extramarital affair with CIA chief David Petraeus led to his resignation, is telling friends she is devastated by the fallout.

A person close to Broadwell said Sunday she deeply regrets the damage that's been done to her family and everyone else's, and she is trying to repair that and move forward. The friend spoke on

condition of anonymity because he was not authorized to speak publicly.

A group of friends and neighbours welcomed Broadwell, her husband, Scott, and their young sons back to their home in Charlotte, N.C., after Broadwell spent more than a week being hounded by media while staying at her brother's home in Washington.

Broadwell is still being investigated by the FBI over classified documents found on her laptop and in her home, which investigators believe the author gathered while researching her biography of Petraeus in Afghanistan. Investigators say many of the documents are old and may no longer be classified despite their labels.

THE ASSOCIATED PRESS

Ban on generic OxyContin rejected

Ottawa. The federal government will not delay, deny approval of cheaper painkillers

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused

in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq
Pointing out there are "almost 100 authorized drugs" in the same class as OxyContin.

Aglukkaq is also telling the provinces to use their

own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them," Aglukkaq said in a letter to provincial and territorial health ministers.

THE CANADIAN PRESS



Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

Declassified. FBI files show interest in Stalin's daughter after defection to U.S.

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the



This undated file photo shows Soviet dictator Josef Stalin with his daughter Svetlana Alliluyeva. COURTESY ICARUS FILMS/THE ASSOCIATED PRESS

Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

One memo dated June 2, 1967, describes a conversation an unnamed FBI source had with Mikhail Trepykhalin, identified as the second secretary at the Soviet Embassy in Washington, D.C.

THE ASSOCIATED PRESS

Petitions

Conservative MPs keep abortion debate alive

It's been two months since the House of Commons rejected a controversial abortion-related motion, but Conservative MPs are using a tried and true parliamentary tool to keep the issue alive.

Petitions on abortion have been filed at least 20 times by Conservative MPs (Lawrence MacAulay of the Liberals has also presented one) since the Commons voted down a controversial backbench motion to study the definition of a human being in the Criminal Code.

THE CANADIAN PRESS

Manitoba

Seven plane crash survivors in stable condition

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in various hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in local hospitals.

The pilot of the Cessna 208 aircraft was killed when the plane crashed Sunday just a few kilometres from the airstrip near the town of Snow Lake.

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Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Israeli missile strikes add to Palestinian death toll

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to at least 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza health official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

if that failed.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they want "international guarantees" that Hamas will not re-arm or use Egypt's neighbouring Sinai peninsula for militant activity. **THE ASSOCIATED PRESS**

Modern warfare

Israelis fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday,

claiming that the only site that was successfully hacked was back up within minutes.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent attacks. Protesters have baraged Israel with more than 60 million hacking attempts. **THE ASSOCIATED PRESS**

Religious festival

At least 14 dead, several injured after Indian stampede

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

The stampede occurred as hundreds of Hindu worshippers gathered along the bank of the Ganges River in Patna to offer prayers to the

sun god during the Chhath festival, according to police Superintendent Jayant Kant.

A power outage sparked panic as crowds filled a walkway leading from the riverbank into the Ganges, and people trampled one another as they fought to get to shore. About 20 people were rushed to the hospital, and about six were in critical condition, he said.

Deadly stampedes are fairly common during India's often-chaotic religious festivals.

THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define

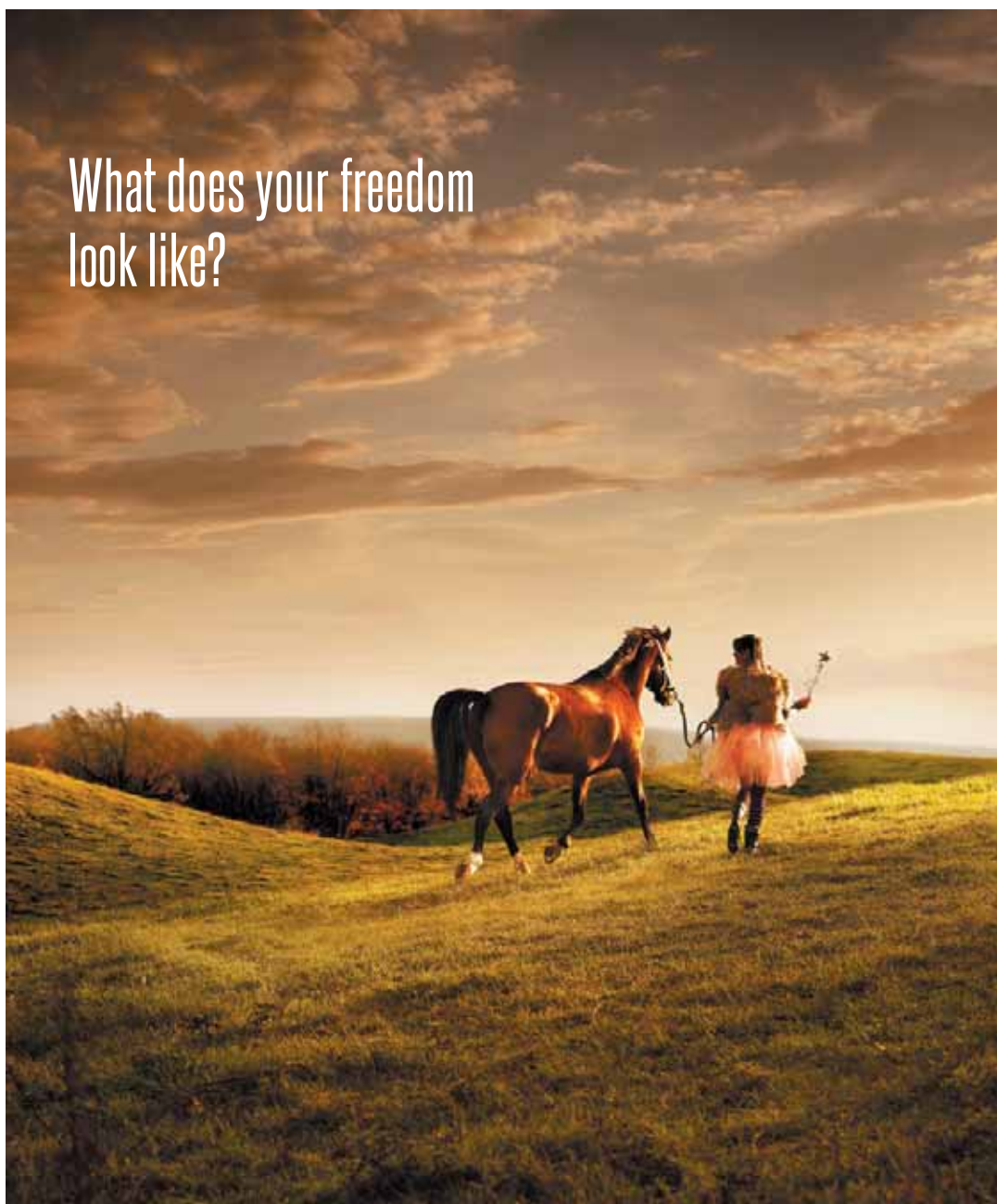
when abortions can be performed legally to save the life of a woman.

The 31-year-old dentist died Oct. 28. Her widow says they asked for an abortion for three days to ease her pain but were refused because the fetus still had a heartbeat.

A coroner found that Halappanavar died from internal infections and organ failure three days after the fetus itself died. Her parents have accused Irish authorities of letting their daughter die to preserve the ban on abortion.

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Denied: No nativity scene, U.S. judge rules

'The atheists won.'

Santa Monica's decision to ban all displays upheld as Christian group sues over freedom of speech

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling during a hearing.

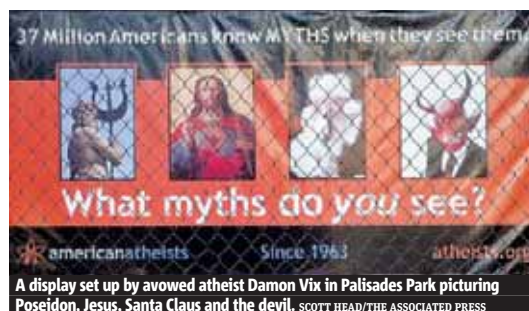
William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the



In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif.
THE ASSOCIATED PRESS FILE



A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. SCOTT HEAD/THE ASSOCIATED PRESS

city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

Santa Monica officials snuffed the city's holiday tradition this year rather than referee the religious rumble, prompting churches that have set up a 14-scene Christian diorama to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to

hunt for a home, something like our saviour had to hunt for a place to be born because the world was not interested," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing.

The atheists were not parties to the legal case. Their role outside court highlights a tactical shift as atheists evolve into a vocal minority eager to get their non-beliefs into the public square as never before.

THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."

William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story

Chimps may get midlife crises too, scientists say

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a Midlife Crisis in Great Apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos? Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being

at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.

to do with human life."

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Discount air travel. WestJet Encore will cut fares by up to half on regional routes

WestJet's new regional service will spur passenger demand by offering fares at up to half the amount charged on those routes by monopoly operators such as Air Canada, chief executive Gregg Saretsky said Monday.

"Vive la competition," the head of the Calgary-based airline told the Canadian Club in Montreal.

"WestJet Encore is out to liberate Canadians from the high cost of air travel in smaller communities as well as those not yet served by our jet aircraft and we think that Canadians are ready for that," he said of the service set to launch next year.

He said representatives from small towns, including Quebec's Saguenay, Sherbrooke and Bagotville, asked WestJet to launch service in their communities because the airline has a history of driving down

Quoted

"This isn't about carrying the same number of people at half the price."

WestJet CEO Gregg Saretsky

fares when it comes to town.

Saretsky said since the low-cost carrier was founded 16 years ago, it has a history of causing fares to drop by about 50 per cent in the markets it has added. "I would expect that as WestJet Encore gets airborne we will continue to do the same in the smaller Canadian communities and up to 50 per cent would be something that would be reasonable."

Shunning the moniker "price war," Saretsky said "more rational pricing" will create new demand by encouraging people to take more air trips each year.

THE CANADIAN PRESS

BCE files new proposal to buy Astral Media

Telecom. After its last pitch was rejected, firm tries to address viewing shares 'from the CRTC's perspective'

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new \$3.38-billion proposal to buy Astral will address the CRTC's concern about market domin-

ance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market.

THE CANADIAN PRESS



BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

Two-week hearing

As it seeks licence renewals, CBC wants flexibility

The CBC is asking the federal broadcast regulator for more flexibility as it grapples with the new digital universe.

The strict regulatory shackles of the past don't work in today's fast-moving environment, CBC president Hubert Lacroix told a Canadian Radio-television and Telecommunications Commission hearing Monday. For instance, young people are shunning television sets

for computers, a shift that has prompted the CBC to move children's programming online.

Critics, however, say allowing CBC additional slack will mean less distinctive content and more commercials, making the public broadcaster indistinguishable from its private-sector competitors.

The broadcaster is seeking five-year licence renewals for its television and radio services. As the two-week commission hearing got underway, Lacroix said much had changed since the CBC's last substantive renewal application 13 years ago.

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Hostess bankruptcy

Twinkies haven't struck out just yet

Twinkies will live to see another day. Texas-based Hostess Brands Inc. and its second-largest union agreed on Monday to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step of private mediation. That means the firm, which cited a crippling strike in its move last week to liquidate and sell off its assets in bankruptcy court, won't go out of business just yet.

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Market Minute

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GOLD
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Natural gas: \$3.73 US (-7¢)
Dow Jones: 12,795.96 (+207.65)

Mortgage rules hit new buyers too hard, brokers tell Ottawa

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policy-makers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, sug-

gests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just housing, but job creation and the economy as a whole."

Finance Minister Jim

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt.

THE CANADIAN PRESS



Camping for Black Friday bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

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VIGILANTISM AND JERK-SHAMING ON THE WEB



SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/mis-

ogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol spewing.

What not to say online

"Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon."

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become

about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the de-contextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

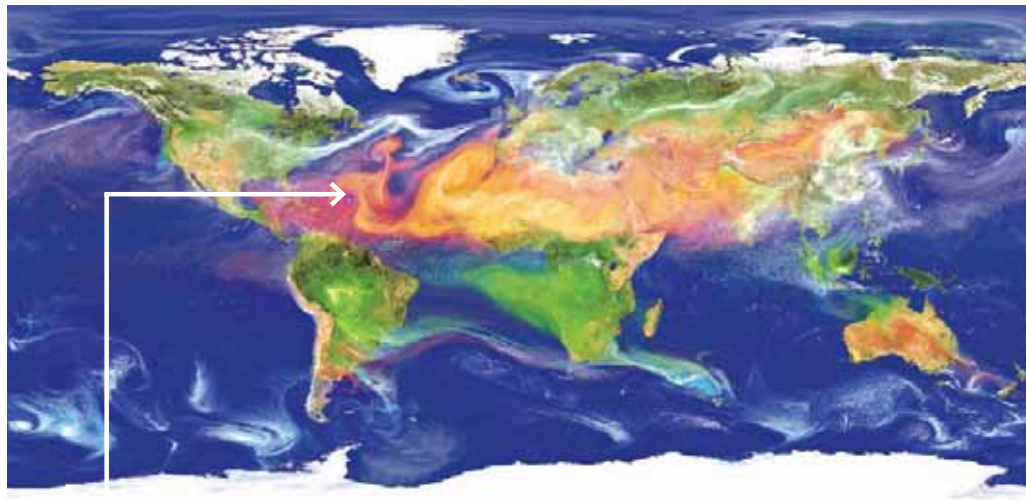
Call it what you will — the naive indiscretions of youth or deep-seeded intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on
Twitter @MetroSheSays



Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model ver-

sion 5 (GEOS-5) can show worldwide weather at up to 3.5 kilometre resolution (pictured: 10 kilometre) as part of climate science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.

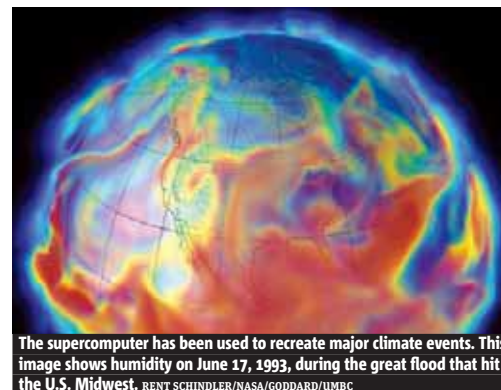
- **Time scale projections.** Discover-hosted simulations span time scales from days (weather prediction) to seasons and years (short-term climate prediction) to decades and centuries (climate change projection).
- **Weather year predicted.** NASA scientists hope the imaging techniques of the supercomputer will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

Element guide

The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.

- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.



The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Twitter

@brittanygloria:

As much as I want #Twin63 to happen, if people were more responsible and had more patience this wouldn't be as pertinent. #abroads #ymm #yeg

Whenever I fly back to #yeg and @Westlet says "If Edmonton is home, welcome home" I nearly cry. True embarrassing stories, y'all.

@lamyaasiff:

I've had trouble controlling my classes at times but now I'm watching the #ableg stream and I feel much better about myself. #yeg

@educatedinamour:

Bold move to wear white pants today. #yegfashion #yegweather #yeg

@jillComm:

Am I considered lazy if I LRT from Corona to Bay/ Enterprise Square? #yeg



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How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?

40% PUT HIM ON NOTICE

0% GIVE HIM A WAG OF THEIR FINGERS



40% RENAME ALL STREETS AND STADIUMS AFTER HIM

20% INVADE COLBERT NATION

SCENE 2

DVD review



The Expendables 2

Director: Simon West

Stars: Sylvester Stallone, Liam Hemsworth, Randy Couture

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL



Suraj Sharma had never acted before his role in *Life of Pi*. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star.

Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in *Life of Pi* — he was selected out of thousands of non-professional actors auditioning for the part.

Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish.

Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?

Before the movie I didn't really know what to do. I was in school and I was, I would say, lost ... Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before *Pi* I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a

million ways. ... I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?

Oh yeah. I think Ang and *Pi* got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because *Pi* himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."

I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. ... I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

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Young Toronto actor animated in his latest film

Rise of the Guardians.

At only 13, Dakota Goyo already boasts an impressive filmography — but this young star wants to do even more

STEVE GOW
scene@metronews.ca

It's hard to believe that Dakota Goyo is only 13 years old. After all, not only is the Toronto actor a rising star, he's long figured out something that's far from most other teenager's minds — his career.

"When I was about three I decided this is what I want to do and I want to continue doing it for the rest of my life," said Goyo. "Except directing would be nice."

The kid is off to a great start. With such Hollywood blockbusters as Thor and Real Steel (with Hugh Jackman) under his belt, Goyo has now lent his voice talent to Rise of the Guardians (in theatres Nov. 21), an animated thriller featuring a superhero squad of legendary icons including Santa Claus, the Easter Bunny and the Tooth Fairy.

"It's overwhelming to (hear yourself in an animated film)," said Goyo — who plays the last



Dakota Goyo has known for most of his short life he's wanted to be an actor.
TORSTAR ARCHIVES

ians. "It's my first real voice-work movie at least and it's very overwhelming to (hear) myself and see the emotion that you see in the character. .. it's not you but your voice is coming out of it."

Guardians also marks Goyo's second film with Jackman (who voices a rambunctious Easter Bunny that might be more into Vegemite than carrots).

"He's so perfect because he adds an Australian accent which makes it so ordinary," laughed Goyo. "You don't see an Easter Bunny with an Australian accent and that's why he's called 'kangaroo' (in one key scene). He's one of the funniest (characters) in the movie."

While Goyo is now excited to get back to a busy career in front of the camera, he con-

Goyo's heroes

In his young career, Goyo has starred alongside such thespians as Hugh Jackman, Samuel L. Jackson and Susan Sarandon but whom does he aspire to work with?

- Will Smith. "He brings so much emotion to the screen," said Goyo. "You feel the same emotion that he feels. I think he's a great actor."

studio on Guardians did have its benefits.

"You can just walk in, do your voice and walk out," said Goyo.

"I don't like to sit in one spot for a long time."



Rise of the Guardians opens on Wednesday. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long



curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?

I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I

thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?

No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?

Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?

No, I didn't get that far.

How do you find the trip so far?

I'm having the time of my life. I saw her the first day and I see her on stage every night.

TO SEE A VIDEO OF THE STREAKER, VISIT METRONEWS.CA/SCENE

Second Snow White, sans Sanders



Kristen Stewart

ALL PHOTOS GETTY IMAGES

Kristen Stewart has reportedly signed on to star in the sequel to *Snow White and the Huntsman* — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."



Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells *New Idea* magazine, adding that the Duchess of Cambridge has gained a bit of weight

recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."



Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells *Vogue*. "But

for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Bieber addresses 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

Twitter



@ericky_martin

You want real advice, straight with no chasers and not sugar coated? Call a #Capricorn.



@chriscolfer

For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.



@NiallOfficial

Good morning everyone! Was an early start today! Tired



@samantharonson

"Work is the curse of the drinking class." Oscar Wilde

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Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA
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You keep reducing the time of your recipe books. Why? People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?

If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?

Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...

Microwave food has become synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.

You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.

The fritters take about one minute to make and six minutes to cook. I don't know what went wrong ... do what the recipes says and it will work. I wish I could have



Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

Busted!

"You ended up with an omelette when you were supposed to do fritters? What the hell did you do?"

Jamie Oliver, author of 15 Minute Meals

seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?

You don't need 100 knives, just three of the right ones — a chopper, paring and a

bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f-king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F-k this, I'm going to McDonald's."

I don't normally get caught

out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's? I haven't eaten a McDonald's in 10 years.



What did you eat?

A Big Mac.

If I offered you a Big Mac right now, would you eat it?

I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

You have one minute to make a meal; what do you do?

Grab a bit of bread and some lovely ham or cheese.

Five minutes?

Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.

Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?

100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

Heaven vs. hell

Hey Jamie — what's cooking?

We ask the chef about his favourite meals: Jamie's food heaven vs. food hell. Heaven: "A lovely home cooked family roast dinner with all the trimmings made by my mum." Hell: "A precocious,

pretentious Michelin star meal with stuff balanced everywhere, hanging everywhere, drizzled everywhere and that doesn't taste very good. Just the fact that someone has had to touch your food to get it in that position is just ... I'm much more about lovely rustic food."

New ingredients

Rose petal harissa. Delicious in dressings, marinades and rubs

Za'atar. A mixture of incredible Persian spices

Preserved lemons. They completely transform stews, couscous and rice dishes



Kitchen essentials

Jamie's top picks

1. Olive oil

2. Lemon

3. Chili



3 LIFE

Use your imagination to personalize Pita Chips



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- 191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium

Line a large baking sheet (or 2 medium baking sheets) with foil.

2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES
(WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty



2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @

THERESAALBERT
ON TWITTER AND
FOUND DAILY AT
MYFRIENDINFOOD.COM

Rest in peace

Farewell to the admirable Mrs. Letitia Baldrige



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've

admired for many years. I've read most of her books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she

believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already and I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.



Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST

Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus af-

fair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Dating-

advice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up With the Dude in the Next Cube, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace dis-

Quoted

"Don't date anyone at work if your employment contract forbids it."

Author Wendy Walsh.

puts. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."



Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK



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FINALS FOCUS

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan.

That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms.

If you struggled with something then, now is the time to fix it. "Exams will be here

before you know it," she says.

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed.

"Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

— Jon Tattrie

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While other students wait for September classes to start, get a jump on your health-care aide education by enrolling for Robertson's next intake.

"Robertson College has been very successful at training health-care aides in the province of Alberta," says Violet Reid, campus director of Robertson College, Edmonton campus.

"We offer small classes, which allows for more hands-on experience."

Students of the health-care aide program at Robertson College will be taught the Alberta provincial curriculum.

"This allows the students to obtain the levels of certification which employers are looking for," Reid says.

Once students have completed their training, Robertson offers assistance to help graduates find employment.

"This is, after all, the ultimate goal of both the student and the staff at Robertson College," Reid says.

The next intake is Nov. 19, and there are still some seats available.

Reid recommends applying early to secure a seat in this popular program.

"Also, the earlier a student enrolls the more time they have to ensure things such as funding and day care are secured so they are not trying to arrange them last minute," Reid says.

The new Edmonton campus is located in the downtown core at the corner of Jasper Avenue and 100A Street and located near major transit routes and the Central LRT station.

For more about Robertson College, visit robertsoncollege.com.

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"One unique feature of the MSW programs is the part-time format, which makes them accessible to those maintaining employment while pursuing

graduate education."

The University of Calgary Faculty of Social Work offers both undergraduate and graduate level education from its Edmonton location to students in central and northern Alberta.

"The field education component of the social work degree prepares students for practice by giving them hands-on experience within health and human service organizations," Elliot says.

"There is an extremely high rate of employment after graduation, and many

students are hired into practicum settings."

Students in both the BSW and MSW learn about social work values and principles, ethical decision-making processes, effective communication, critical thinking, skills of assessment, planning, evaluation, advocacy strategies, and research skills.

Applications for the fall 2013 BSW and MSW (foundation and clinical) programs are now being accepted.

For more information about the BSW and MSW at the U of C in Edmonton, visit ucalgary.ca/fswcentralandnorth/.



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"Twenty-five years ago, Academy of Learning developed a learning methodology which is still setting the pace for the future. Increasingly more and more educators are embracing the approaching of individualized asynchronous learning," says Charles Jarvis, general manager, Academy of Learning.

No need to wait until September to enrol, applications are always being accepted for Academy of Learning, with programs beginning each week.

For more, visit academyoflearning.ab.ca.

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The college's track record proves the value of a NorQuest education: 95 per cent of graduates find employment or continue their education. Some NorQuest College programs that lead to in-demand careers include:

Health careers. NorQuest is a Canadian leader in health-care education with among the country's largest practical nurse diploma and health-care aide certificate programs. NorQuest also offers pharmacy technician,



Janet Colter is a graduate of NorQuest College's practical nurse diploma program.

NORQUEST COLLEGE PHOTO

mental health rehabilitation, physical therapy assistant, and therapeutic recreation programs.

Business and community studies. NorQuest's business administration, administrative professional, hospital unit clerk, community support worker and social work programs can get you working in rewarding careers. Many courses are available individually.

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NAIT PHOTO

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NAIT's new **Trades to Degrees** initiative is one of the first of its kind in North America. This education pathway enables qualified trades professionals to move directly into the third year of a degree program.

Tradespeople can build competencies such as project management, supervision and entrepreneurship, critical areas aligned with the needs of industry and Alberta.

Starting in September 2013, **Trades to Degrees** students will begin working towards a Bachelor of Business Administration degree. Customized learning paths and flexible study options will ensure each student has the tools for success.

"Trades to Degrees acknowledges the value of work experience and post-secondary education that led to certification as a tradesperson. This transformative new pathway will attract more of the best and brightest students into the trades, and provide them with additional opportunity."

Dr. Glenn Feltham
NAIT President and CEO

Learn more: nait.ca/tradestodegrees



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THE REAL WORLD

NAIT'S NEW INITIATIVE

NAIT has launched a new initiative that opens career opportunities for certified tradespeople. Called Trades to Degrees, the pioneering pathway admits qualified tradespeople directly into the third year of NAIT's bachelor of business administration degree program.

"Trades to Degrees acknowledges the value of work experience and post-secondary education that lead to certification. The pathway recognizes the value of what has been achieved by a tradesperson," said Dr. Glenn Feltham, NAIT president and CEO.

One of the first of its kind in North America, the initiative was introduced in the 2012 fall semester through NAIT's JR Shaw School of Business. The inaugural class of 22 students is made up mainly of instructors from NAIT's School of Trades, which is helping to shape and define the pathway. When asked why students decided to embark on this new learning journey, their responses reinforced the reason the Trades to Degrees pathway was established: "This is a way to continue my education." "This will open new doors." "This is a natural progression for me."

Trades to Degrees responds to a strong labour market demand for tradespeople with leadership, managerial and entrepreneurial skills. Every year, more than 12,000 trades apprentices attend NAIT. Prior to the introduction of Trades to Degrees, the path for a journeyman to progress directly to the degree level was virtually non-existent in Alberta. By providing highly-skilled tradespeople with the ability to expand their careers, NAIT's new pathway will help to reshape Alberta's trades system, attracting more students into the trades and making the province more globally competitive.

Applications are being accepted for Trades to Degrees classes commencing in September, 2013. For more, visit nait.ca.

GETTING ON THE SAME PAGE

WITH U OF ALBERTA FACULTY OF EXTENSION

Diffuse workplace conflicts and learn how to work collaboratively in the any workplace through a one-day workshop offered by the University of Alberta Faculty of Extension.

The building organizational collaboration and trust workshop will teach participants to build leadership skills and develop a culture of trust within the workplace.

"The ability to work collaboratively is vital to the success of any organization," says Jackie Lane, management seminars program co-ordinator, Faculty of Extension, University of Alberta.

In this seminar, Lane says participants will learn strategies and practices for not only reducing conflict in the workplace, but also utilizing and enhancing the strengths and abilities of every one in order for mutual success.

"As trust builds among individuals of an organization, only then will they be able

to fully realize their potential together," Lane says.

Participants will be taught different ways to build trust and collaboration, including how to create a sense of community, how to work towards mutually beneficial goals, how to build leadership skills in themselves and in those around them, and how to create a culture of co-operation, creativity, flexibility, engagement, and respect.

This workshop will also teach participants to promote a willingness to be creative and take risks and work towards win-win collaborations within the workplace. From these win-win collaborations, trusting partnerships are formed, creating a more unified workforce.

The building organizational collaboration and trust seminar runs Jan 28, 2013, at Enterprise Square.

For more, visit extension.ualberta.ca.



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MH Vicars offers students a two-year, 2,220-hour massage therapy diploma that prepares graduates to work in all areas of the industry.

"Our grads are the best in the business, and employers know it," says Robin Collum, publications co-ordinator at MH Vicars.

"We're constantly getting calls from clinic owners who want to hire our students, and over 95 per cent of our graduates are working within months of graduation."

With a blended learning approach, MH Vicars combines independent learning with regular tutorials to ensure students learn everything they need to know to succeed in the massage industry.

Students travel from all over Western Canada to study at the school's Edmonton and Calgary locations.



MH VICARS PHOTO

In addition to the comprehensive clinical training, students get on-the-job experience and business instruction, they are taught how to take care of their clients, and how to take care of themselves.

"We want our students to be successful business people as well as great therapists," Collum says.

Graduates can go on to work in places like health centres, spas, sports medicine clinics, and many of them own their own businesses.

Apply now for the January 2013 intake and be a registered massage therapist (RMT) by June 2014.

For more information about MH Vicars, call 780-491-0574, or visit mhvicarsschool.com.

CUTTING-EDGE CAREERS

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A cutting-edge career in computer-aided design (CAD) can be more accessible than you think.

At Digital School, students can learn from industry-leading professionals, who bring industry knowledge to each class.

"Our students get as close to real-world experience in the classroom as is possible," says Dr. Muhib Rahmatalla, Digital School instructor.

"The software they are using, the examples we use in instruction, and the assignments they are given are kept as close to what's currently being used and done in the industry."

Students will learn to create, design, invent, innovate and animate through instructors who share their passion for design and technology.

CAD graduates are in demand in Alberta and the knowledge and skills gained from Digital School can be transferred to a number of industries.

Digital School is a private career



ISTOCKPHOTO/THINKSTOCK

college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer-aided design.

Digital School offers intakes every four months for full-time CAD programs that are less than one year in length.

CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization. Part-time studies are also available for those seeking a more flexible learning schedule.

The next start date is Jan. 2. Stop in and speak with an admissions adviser to get your career in CAD started soon.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

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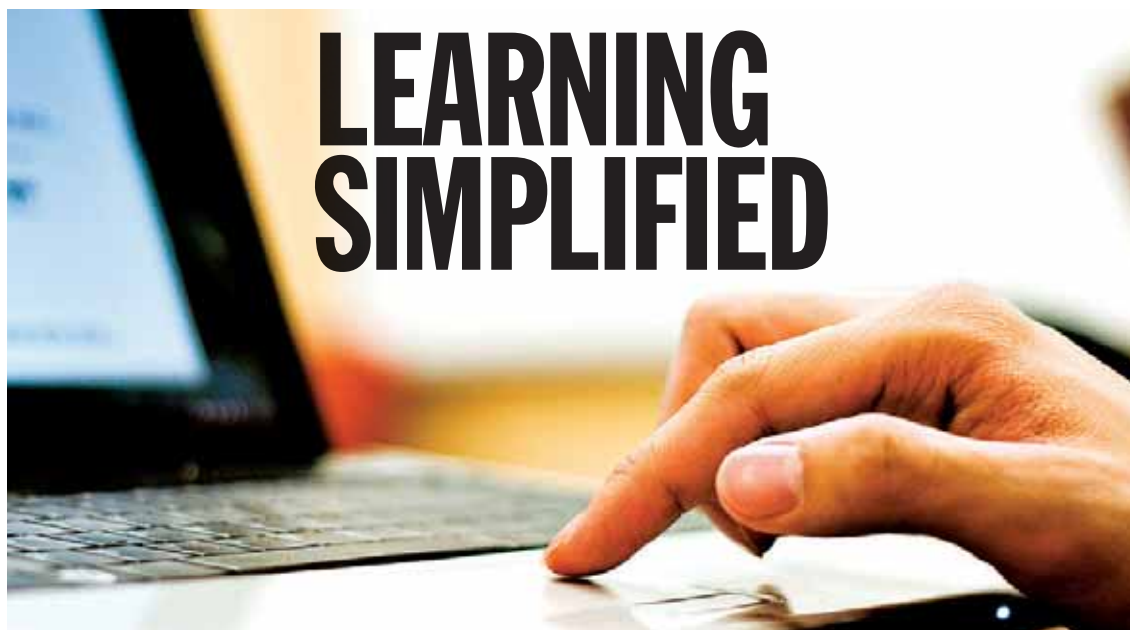
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www.extension.ualberta.ca/management



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ATHABASCA E-LAB MAKES IT EASIER TO SHARE AND RESEARCH

Forget about financial barriers getting in your way of your educational dreams, Athabasca University's new, free e-lab now makes it easier to learn, create, connect, share and research.

Open to AU students, faculty, staff, alumni, partners of AU and the general public, this revolutionary learning tool changes the way education is delivered. "The e-lab at AU is unique in Canada,"

says Dr. Evelyn Ellerman, founder of AU's communication studies program and visionary for the e-lab.

"No other university facility has this breadth in terms of a single site that offers

access to online learning tools and resources, skills development, social media and research."

The e-lab serves all the practical functions that physical university labs have served in the past, but it also anticipates the future by providing an online environment that encourages new forms of learning and professional growth.

"The e-lab takes a comprehensive approach to what it means to study and research online," says Ellerman.

"It's been designed to develop and enhance the university's capacity as an online institution."

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

The elements of the e-lab include:

E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; Canadian Film Online, funded by the Canadian Heritage.

Although the e-lab was originally created to support AU's students and faculty, the open access policy makes most of its content and services available to the wider digitally community.

For more, visit elab.athabascau.ca.

— with files from
Athabasca University

NATIONAL HONOURS FOR CONCORDIA SOCCER COACH

The Concordia Thunder women's soccer team recently returned with silver medals from the Canadian Collegiate Athletic Association (CCAA) soccer championships in Charlottetown, P.E.I.

Concordia handily beat teams with more than 25 to 30 times more students in its third national championship appear-

ance in four years. That's unusual enough, but what's even more unusual is that for a school of 1,500 dedicated students, Concordia has come to expect nothing less from its women's soccer program. The hub of the program's success was recognized Nov. 9, when the CCAA awarded coach Dean Cordeiro with CCAA soccer

coach of the year honours.

A former elite player in his own right, Cordeiro started coaching 10 years ago when he took over a men's team. He continues to coach men's soccer with AS Roma in the Premier division but has become much more involved in the women's game. He has his national "B" licence and is a staff coach with the Alberta Soccer Association, and is working toward becoming a certified professional coach.

During his six-year tenure as head coach at Concordia, the Thunder have earned a CCAA national gold medal (2009), two ACAC provincial gold medals, three ACAC silver medals and one ACAC bronze. Cordeiro has created a nationally recognized powerhouse program at a school whose student population is often dwarfed by that of its competitors. CCAA women's soccer convener Marlene Ford says, "Dean Cordeiro has a strong program.

He's also involved with his athlete's academics and in the community."

Cordeiro credits the success of his program to recruiting the right players; academically strong students who are also good athletes. This philosophy has given the Thunder an uncommonly high student-athlete retention rate, which has contributed greatly to the stability and consistent success of the program.

Although demanding of his athletes, Cordeiro is as devoted to them and they are to him. A hallmark of most high achievers, Cordeiro balances a strong sense of discipline with an unfailingly positive, encouraging can-do spirit. His coaching tactics include providing fitness and nutrition education, having players consult with a sports psychologist and organizing tutors for athletes. He is also currently providing mentoring for the CCAA female apprentice coach program.

For more information, visit athletics.concordia.ab.ca.

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Athabasca University

PREPARING DESIGNERS OF THE FUTURE

MACEWAN UNIVERSITY NEW DESIGN STUDIES CURRICULUM WILL PRODUCE QUALITY GRADS

Before MacEwan University's design studies program started developing a new curriculum for the diploma, faculty members carefully researched what would need to change to develop the designers of the future.

Research included meeting with alumni focus groups, an industry advisory committee and a student advisory committee, as well as analyzing best practices of other institutions to find out what would improve the program.

"The new curriculum is meant to maintain what we're doing, build on it and improve it," says program chair Marc Brisbane.

The responses that came back highlighted the need for students to be better able to explore a wider range of career pathways within the program, encourage students to think more critically and strategically, and improve opportunities for further post-secondary studies.

The results of the research? Beginning fall 2013, the design studies program will become a three-year diploma. A certificate option will no longer be available, which Brisbane says is for the best.

"Employers are expecting a lot more from graduates who

are entering the workforce, including the ability to take on more than one role, and that requires more than a single year of study."

The purpose of the new curriculum is to produce high-quality graduates who show potential and are ready to work. A number of key changes to achieve this goal include:

- The ability for students to have a core area of focus and explore other related areas to diversify their skill set.
- The modification of some course outcomes and the introduction of new courses (such as design issues and design thinking seminars) that will add increased demands on students for analytical and critical thinking.

- Modifications to the required courses and options within the curriculum to improve the flexibility of a student's program of study whether they are full time or part time.
- The option to take more liberal arts courses to produce a more well-rounded student who is knowledgeable about the world around them, and who will be able

to transfer these credits to other programs at MacEwan University or other post-secondary institutions.

Features that won't change: The program's reputation for offering a balance between design theory, practice and technical skill that results in graduates with skills that are in demand. The curriculum will continue to give students the opportunity to get hands-on practice in a core area of focus, although they can now develop additional skills in another area that will make them more appealing for employers.

"We have a long history of producing high-quality grads. We're doing a really good job of this so far," Brisbane says.

"Our graduates are accepting positions with very well-respected places. We will continue to get them job ready for when they graduate."



DESIGN

MACEWAN

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BRUSH UP ON HEALTHY ACTIVITIES

Battle the bulge this holiday season before it hits your waistline.

Just because you get a break from work or school this holiday season doesn't mean you should be taking a break from all other healthy activities.

"The holidays are particularly hard to keep up with healthy habits because the routine of our day-to-day life becomes thrown out of order," says Taylor Purdy, BSc human kinetics, personal Trainer.

"There is no 9-to-5 job or school to

keep our days intact, so we lose the aspect of structure in our days to plan and cook meals, visit the gym or have personal time."

To keep in healthy working order over the holidays, Purdy has a few simple suggestions.

"Find a routine," Purdy says. "Structure your days out on paper or in your planner or calendar and make sure to plan time for the kids to exercise instead of them playing video games or watching TV all day."

And make sure to take some time to get some exercise for yourself.

"It doesn't hurt to be a bit selfish in this area," Purdy says.

If you are unable to make it to the gym, Purdy suggests a few household chores to keep those pesky holiday pounds away.

"Shovelling the driveway, vacuuming or cleaning the house, building a snow fort and going skating can be suitable replacements for a resistance or cardio training regime," Purdy says. — Candice Ward



RON CHAPPLÉ STUDIOS/THINKSTOCK



ISTOCKPHOTO/THINKSTOCK



HEMERA/THINKSTOCK

SPICE UP YOUR CULINARY SKILLS WITH NAIT COOKING COURSES

Discover the tastes of new and foreign lands without leaving the city.

Learn how to cook and create exotic new dishes over the course of a few classes at NAIT in one of its many international cooking courses.

Even chefs such as Ganesh Suramanya, chef at the Fantasyland Hotel and instructor of a number of the international cooking courses, will indulge himself by attending a class or two.

"These courses benefit students, teachers and also chefs like us in many ways," Suramanya says.

For a chef like Suramanya, learning new cooking techniques and flavours helps become a little more adventurous with their own craft.

"I am myself a NAIT graduate and proud to be one," Suramanya says.

"I have represented my organization and restaurant at various culinary competitions in the city, for example, gold medal plates."

Suramanya also brings his culinary skills to his new flagship restaurant L2 Grill in the Fantasyland Hotel at West Edmonton Mall, where he takes his customers on a taste adventure through his fresh approach to food.

Take a taste tour of Asia or India with Suramanya as he instructs beginner sushi, advanced Thai cooking, tour of Asia, and tour of India.

"Our institution is great and has all the tools to provide the extensive knowledge and also has some talented instructors and chefs to teach the programs," Suramanya says.

Classes are held in the evening or over the weekend.

Each course is taught by a professional chef, like Suramanya, who will support you along the way of your cooking journey.

They will encourage you to experiment with flavours and create something you will be proud of serving in your own home.

Participants of the international cooking courses are asked to bring an apron, food containers and grocery bags so they can take home their delicious creations.

If you like what you taste in these courses, expand your educational menu by enrolling in some of the credit courses available.

For more information about the international cooking courses at NAIT, visit nait.ca.

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CAKE DECORATING PRINCIPLES [BAK400]

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Fee: \$235 Hours: 15
Nov 21 to Dec 5, 2012 | Feb 25 to Mar 11, 2013

HOLIDAY ENTERTAINING [HOS97]

Holidays are all about family, friends, and fun! Learn how to make delectable hors d'oeuvres and great holiday dishes perfect for a festive buffet table. You will also be provided with instructions on how to brine and cook a delicious holiday turkey.

Fee: \$145 Hours: 6
Nov 24, 2012

COOKING NEW ORLEANS STYLE [HOS135]

Crawfish, gumbo, sweet potato pie and jambalaya – it's starting to sound like a party! In this fun, hands-on class you will learn the tricks and secrets for producing excellent Creole and Cajun dishes.

Fee: \$125 Hours: 4
Jan 26, 2013 | Apr 13, 2013

THE ART OF SUGAR DECORATION [BAK28]

Try your hand at novelty sugar craft. This is an intense and rewarding course on the sweet development of sugar decorations.

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Branding yourself: What do employers really want?

Alison on Money.

What are companies looking for when they're searching out the best and brightest young workers?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire



Employers probably still want you to be clean and reasonably well-groomed. ISTOCK IMAGES

lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold

Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology

You don't need to be a computer expert unless you intend to run the IT department, but

you do need to be competent enough to make connections between the newest technology and your company.

3. Networking

Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language

By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable. Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Save thousands on your 2012 taxes



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.

You can contribute up to 18 per cent of your income, to a maximum of \$22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give

Make a charitable donation before Dec. 31.

A donation over \$200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under \$200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical



There are lots of ways to reduce your taxes by the end of this year. ISTOCK IMAGES

expense claim.

Review your stock portfolio

Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move

If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax

rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31

Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is \$50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is \$2,500, providing a grant of \$500 annually.

Taxable income

If you've received a lump sum pay from an employer, cashed

in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized

Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter
@LesleyScorgie



MLS

Beckham's time with Galaxy coming to an end

David Beckham will play his final game for the Los Angeles Galaxy in the MLS Cup next month.

Beckham and the Galaxy announced the midfielder's decision Monday, a day after the defending MLS champions advanced to their second straight league final. Los Angeles faces Houston on Dec. 1.

Beckham isn't retiring, but the superstar gave no hint of his next move.

"I've had an incredibly special time playing for the L.A. Galaxy," Beckham said in a statement. "However, I wanted to experience one last challenge before the end of my playing career. I don't see this as the end of my relationship with the league, as my ambition is to be part of the ownership structure in the future."

THE ASSOCIATED PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement. THE ASSOCIATED PRESS

Selig signs off on Jays-Marlins trade

MLB. Naming new skipper is next up on Toronto GM Anthopoulos's to-do list

The Blue Jays, flush with the knowledge that Major League Baseball has OK'd the club's controversial trade with Miami, are poised to name their new manager.

Baseball commissioner Bud Selig approved the 12-player Jays-Marlins trade on Monday after a longer-than-usual review. Jays fans — relieved by the news and excited about the loaded, revamped lineup — can now turn their attention to the managerial hiring. GM Alex Anthopoulos, the talk of the baseball world and the Toronto sports scene, even during Grey Cup week, has been hinting that an announcement is near — perhaps as early as Tuesday, when Anthopoulos has a press conference scheduled to discuss the Marlins deal.

It's also possible that the managerial decision will happen closer to baseball's winter meetings, which start Dec. 1 in Nashville, to steer clear of Grey Cup week.

Interestingly, word out of Boston, where John Farrell is now posted in his dream job as manager, is that the Red Sox could have made a similar deal with the Marlins, but elected not to.

Selig took a week to approve the deal — sending



New Blue Jays pitchers Josh Johnson and Mark Buehrle watch a game against the Yankees on April 1 at Marlins Park. MIKE EHLMANN/GETTY IMAGES FILE

Cabrera deal made official

On Monday, the Blue Jays signed free agent left-fielder Melky Cabrera. The 28-year-old was leading the National League in hitting at .346 for the San Francisco Giants when he was suspended Aug. 15 for a positive testosterone test. THE CANADIAN PRESS

Josh Johnson, Mark Buehrle, Jose Reyes, John Buck and Emilio Bonifacio to the Jays for Yunel Escobar, Henderson Alvarez, Adeiny Hechavarria, Jeff Mathis and three top prospects.

Marlins fans believed Reyes and Buehrle were signed last winter to revitalize the team as a playoff contender as the franchise moved into a new ballpark — built in part with a multimillion-dollar Miami tax fund that Selig pushed for.

Instead, the Marlins, having already dealt former batting champion Hanley Ramirez and ex-closer Heath Bell during the season, dumped \$163.75 million in guaranteed salary through 2018.

"It is my conclusion that this transaction, involving established major leaguers and highly regarded young players and prospects, represents the exercise of plausible baseball

judgment on the part of both clubs, does not violate any express rule of Major League Baseball and does not otherwise warrant the exercise of any of my powers to prevent its completion," Selig said in a statement.

"I am sensitive to the concerns of the fans of Miami regarding this trade, and I understand the reactions I have heard. Baseball is a social institution with important social responsibilities, and I fully understand that the Miami community has done its part to put the Marlins into a position to succeed with a beautiful new Marlins Park."

TORSTAR NEWS SERVICE

NHL requests complete proposal from NHLPA

The NHL is looking to see everything put in writing.

With frustration building and the lockout dragging, the league met with the NHL Players' Association on Monday night and requested that the union put all of its desires for the next collective bargaining agreement together into one complete offer.

"It's our position that we've made a couple comprehensive proposals in a row," said deputy commissioner Bill Daly. "We'd like to know where they are on all of the issues. We asked that they put together a comprehensive proposal for us to consider."

The sides have been unable to agree on proposed changes to player contract rights and

Quoted

"I don't really know what to expect."

NHL deputy commissioner Bill Daly after the league asked the NHLPA to table a full proposal

how to share revenue, and will also need to sort out how they pay for the damage of a lockout. While they've exchanged ideas verbally in recent weeks, the league doesn't feel as though it has a complete picture of where the players stand.

Donald Fehr, the NHLPA's executive director, said he would take the league's request into consideration and make contact again on Tuesday morning. He thinks "it's more likely

than not" the sides will then meet for a second straight day.

However, it remains to be seen whether the union is ready to table a full proposal.

"We asked. I certainly hope it's something they'll consider. I think that's something they're deliberating on," said Daly.

Fehr and commissioner Gary Bettman discussed the possibility of taking a break from talks last week, but Fehr thought it would be best if the sides continued to meet.

After initiating Monday's session, the union didn't arrive with a new offer. Instead, Fehr was hoping to engage the league in a discussion on core economics and player contract issues.

THE CANADIAN PRESS

NFL

49ers backup QB shreds Bears D in his first start

Colin Kaepernick passed for 243 yards and two touchdowns in his first career start in place of the injured Alex Smith, and the San Francisco 49ers whipped the Chicago Bears 32-7 on Monday night in a highly touted NFC showdown that hardly lived up to the hype.

THE ASSOCIATED PRESS



Colin Kaepernick on Monday. GETTY IMAGES

CFL

Weighty wager for Grey Cup mayors

The Argonauts and the Stampeders aren't the only ones with bragging rights on the line in the upcoming Grey Cup championship.

The mayors of Toronto and Calgary — the two teams' respective hometowns — are also getting in on the action.

Calgary Mayor Naheed Nenshi proposed a friendly wager that would see the losing city's mayor donating his weight in food to the winning city's food bank.

The loser would also wear the winning team's jersey for a council meeting. Nenshi issued the challenge to Toronto Mayor Rob Ford on Twitter. Hours later, Ford tweeted acceptance, adding the Calgary mayor would "look great in Argo blue!"

THE CANADIAN PRESS

NBA

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Philadelphia	6	4	.600	2
Charlotte	5	4	.556	2 ¹ / ₂
Atlanta	5	4	.556	2 ¹ / ₂
Boston	6	5	.545	2 ¹ / ₂
Chicago	5	5	.500	3
Indiana	5	7	.417	4
Toronto	3	7	.300	5
Orlando	3	7	.300	5
Cleveland	2	8	.200	6
Detroit	2	9	.182	6 ¹ / ₂
Washington	0	9	.000	7 ¹ / ₂

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	8	2	.800	—
Memphis	8	2	.800	—
San Antonio	8	3	.727	¹ / ₂
Oklahoma City	8	3	.727	¹ / ₂
Minnesota	5	4	.556	2 ¹ / ₂
Golden State	6	5	.545	2 ¹ / ₂
Utah	6	6	.500	3
Dallas	6	6	.500	3
Portland	5	5	.500	3
L.A. Lakers	5	5	.500	3
Denver	5	6	.455	3 ¹ / ₂
New Orleans	3	5	.375	4
Houston	4	7	.364	4 ¹ / ₂
Phoenix	4	7	.364	4 ¹ / ₂
Sacramento	2	8	.200	6

Division leaders ranked in top four positions with the best eight teams qualifying for playoffs

Monday's results

Atlanta 81 Orlando 72
Charlotte 102 Milwaukee 98
Denver 97 Memphis 92
Golden State 105 Dallas 101 (OT)
Indiana 96 Washington 89
L.A. Clippers 92 San Antonio 87
Utah 102 Houston 91
Sunday's results
New York 88 Indiana 76
Toronto 97 Orlando 86
Brooklyn 99 Sacramento 90
Philadelphia 86 Cleveland 79
Oklahoma City 119 Golden State 109
Detroit 103 Boston 83
Portland 102 Chicago 94
L.A. Lakers 119 Houston 108

Tuesday's games

Toronto at Philadelphia, 7 p.m.
New York at New Orleans, 8 p.m.
Brooklyn at L.A. Lakers, 10:30 p.m.
Wednesday's games
New Orleans at Indiana, 7 p.m.
Philadelphia at Cleveland, 7 p.m.
Detroit at Orlando, 7 p.m.
Toronto at Charlotte, 7 p.m.
San Antonio at Boston, 7:30 p.m.
Milwaukee at Miami, 7:30 p.m.
L.A. Clippers at Oklahoma City, 7:30 p.m.
Washington at Atlanta, 7:30 p.m.
Chicago at Houston, 8 p.m.
Denver at Minnesota, 8 p.m.
New York at Dallas, 8:30 p.m.
Portland at Phoenix, 9 p.m.
L.A. Lakers at Sacramento, 10 p.m.
Brooklyn at Golden State, 10:30 p.m.

SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	10	94	59	264	26.4
Harden, Hou	10	82	79	260	26.0
Durant, Okl	11	93	69	270	24.5
James, Mia	11	108	39	269	24.5
Anthony, NYK	8	67	44	189	23.6
Irving, Cle	10	82	47	229	22.9
Mayo, Dal	11	77	44	234	21.3
Aldridge, Por	10	84	43	211	21.1
Batum, Por	10	72	33	208	20.8
Crawford, LAC	9	60	44	186	20.7
Westbrook, Okl	11	81	50	226	20.5
Ellis, Mil	8	60	35	162	20.3
Howard, LAL	10	73	54	200	20.0
Gay, Mem	9	69	32	178	19.8
Bosh, Mia	11	79	57	216	19.6
Pierce, Bos	11	67	58	212	19.3
Lillard, Por	10	68	30	190	19.0
Derozan, Tor	10	71	43	190	19.0
Walker, Cha	8	55	37	150	18.8
Holiday, Phi	10	69	33	186	18.6
Deng, Chi	10	70	34	181	18.1
Williams, Bro	8	48	36	144	18.0
Lopez, Bro	8	57	28	142	17.8
Duncan, SA	10	70	37	178	17.8
Martin, Okl	11	55	54	194	17.6
Curry, GS	10	62	30	175	17.5
Jennings, Mil	8	52	21	140	17.5
Griffin, LAC	9	62	32	156	17.3
Randolph, Mem	9	60	35	155	17.2
Monroe, Det	11	75	35	185	16.8
Matthews, Por	10	58	26	164	16.4
Anderson, NO	8	51	7	131	16.4

Not including last night's games

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Designated RHP Joel Carreno for assignment.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with RHP Shawn Camp on a one-year contract.
MIAMI MARLINS — Traded SS Jose Reyes, LHP Mark Buehrle, RHP Josh Johnson, C John Buck and OF Emilio Bonifacio and cash to Toronto for INF Yunel Escobar, INF Adeiny Hechavarria, RHP Henderson Alvarez, RHP Anthony DeSclafani, LHP Justin Nicolino, C Jeff Mathis and OF Jake Marisnick. Agreed to terms with OF Juan Pierre on a one-year contract.

NFL

LEAGUE OFFICE — Suspended Baltimore S Ed Reed one game for repeated violations of the rule prohibiting hits to the head and neck area of defenseless players. Suspended Atlanta OL Joe Hawley four games for violating NFL rules against performance-enhancing substances.

INDIANAPOLIS COLTS — Activated G Justin Anderson from the physically-unable-to-perform list. Signed CB Marshay Green to the practice squad. Waived TE Kyle Miller.

NEW ENGLAND PATRIOTS N Signed WR Kamar Aiken to the practice squad.

AHL

LEAGUE OFFICE — Suspended Rockford D Shawn Lalonde three games, Oklahoma City LW Antti Tyrvainen two games and Milwaukee LW Gabriel Bourque two game for their actions in recent games.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Worcester	15	7	6	1	1	40	46	16	
Manchester	14	7	6	0	1	35	32	15	
Portland	14	6	6	1	1	46	44	14	
St. John's	15	7	8	0	0	34	47	14	
Providence	14	6	7	0	1	30	40	13	

NORTHEAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Springfield	14	10	2	0	2	49	23	22	
Bridgeport	14	10	4	0	0	49	39	20	
Connecticut	14	6	7	1	0	43	48	13	
Albany	13	4	5	0	4	30	35	12	
Adirondack	14	6	8	0	0	34	44	12	

EAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Syracuse	14	10	2	1	1	54	38	22	
Binghamton	13	7	4	1	1	34	34	16	
W-B/Scranton	15	8	7	0	0	37	35	16	
Norfolk	14	7	7	0	0	43	46	14	
Hershey	15	6	8	1	0	39	44	13	

WESTERN CONFERENCE

NORTH DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Abbotsford	15	10	2	1	2	45	27	23	
Toronto	15	9	5	0	1	53	43	19	
Lake Erie	16	9	6	1	0	51	48	19	
Rochester	15	8	6	1	0	53	46	17	
Hamilton	13	5	6	1	1	30	44	12	

MIDWEST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Grand Rapids	14	8	4	1	1	52	46	18	
Chicago	14	7	5	2	0	38	43	16	
Milwaukee	14	6	7	1	0	37	41	13	
Rockford	15	6	8	0	1	43	48	13	
Peoria	15	5	7	2	1	33	53	13	

SOUTH									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Charlotte	16	11	3	0	2	58	39	24	
Oklahoma City	15	8	5	1	1	45	45	18	
Houston	16	7	6	1	2	56	52	17	
Texas	13	6	6	0	1	28	37	13	
San Antonio	14	4	8	0	2	33	45	10	

Monday's results

No Games Scheduled.

Sunday's results

Abbotsford 0 Toronto 5
Bridgeport 6 Providence 2
Syracuse 5 Hershey 3
Charlotte 4 San Antonio 3 (SO)
Rockford 2 Houston 3

Tuesday's games

All Times Eastern
Hamilton at St. John's, 1:30 p.m.
Manchester at Portland, 7 p.m.
Milwaukee at Chicago, 8 p.m.

Wednesday's games

Hamilton at St. John's, 1:30 p.m.
W-B/Scranton at Hershey, 7 p.m.
Bridgeport at Adirondack, 7 p.m.
Charlotte at Norfolk, 7:15 p.m.
Peoria at Rockford, 8:05 p.m.
Oklahoma City at Texas, 8:30 p.m.

Thursday's game

Toronto at Binghamton, 6:05 p.m.

Friday's games

Norfolk at Adirondack, 7 p.m.
Springfield at Portland, 7 p.m.
Worcester at Manchester, 7 p.m.
Connecticut at Bridgeport, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Albany at Rochester, 7:05 p.m.
Rockford at Lake Erie, 7:30 p.m.
Binghamton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8:05 p.m.
Houston at San Antonio, 8:30 p.m.
Abbotsford at Texas, 8:30 p.m.

CFL

PLAYOFFS

DIVISION FINALS

Sunday's results

EAST DIVISION

Toronto 27 Montreal 20

WEST DIVISION

Calgary 34 B.C. 29

100TH GREY CUP

Sunday's game — All Times Eastern

At Toronto

Toronto vs. Calgary, 6 p.m.

CIS FOOTBALL

NATIONAL SEMIFINALS

Saturday's results

UTECK BOWL

Laval 42 Acadia 7

MITCHELL BOWL

McMaster 45 Calgary 6

Friday's game — All Times Eastern

48TH VANIER CUP

At Toronto

Laval vs. McMaster, 7:30 p.m.

U.S. COLLEGE FOOTBALL

AP TOP 25 POLL

With first-place votes in parentheses, records through Nov. 19, total points based on 25 points for a first-place vote through one point for a 25th-place vote and last week's ranking:

	Record	Pts	Pvs
1. Notre Dame (60)	11-0	1,500	3
2. Alabama (60)	10-1	1,399	4
3. Georgia	10-1	1,316	5
4. Ohio State	11-0	1,292	6
5. Oregon (45)	10-1	1,246	1
6. Florida (1)	10-1	1,171	7
7. Kansas State (14)	10-1	1,064	2
8. Louisiana State (1)	9-2	1,048	8
9. Texas A&M	9-2	1,028	9
10. Florida State	10-1	1,026	10
11. Stanford	9-2	991	14
12. Clemson	10-1	874	11
13. South Carolina	9-2	795	12
14. Oklahoma	8-2	734	13
15. UCLA	9-2	624	17
16. Oregon State	8-2	599	15
17. Nebraska	9-2	559	16
18. Texas	8-2	498	18
19. Louisville	9-1	362	20
20. Michigan	8-3	282	23
21. Rutgers	9-1	265	22
22. Oklahoma State	7-3	240	26
23. West Virginia	5-3	126	25
23. Kent State	10-1	155	25
23. Texas Tech	7-4	135	25

Others receiving votes: Michigan State 49, Virginia Tech 26, Ohio 22, Northwestern 20, Washington 20, Boise State 20, Central Florida 16, North Carolina State 13, Arizona 13, USC 12, Tulsa 10, Penn State 8, San Jose State 8, Fresno State 7, Cincinnati 6, Purdue 5, Arizona State 5, Miami (Fla.) 4, Louisiana Tech 4, Wisconsin 4, Duke 3, Tennessee 3, North Carolina 2, San Diego State 2, Iowa State 1, Baylor 1, Texas Christian 1, Toledo 1, Vanderbilt 1, Louisiana-Monroe 1.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	3	0	.700	358	225
N.Y. Jets	4	6	0	.400	202	241
Miami	4	6	0	.400	187	205
Buffalo	4	6	0	.400	230	299

SOUTH

	W	L	T	Pct	PF	PA
Houston	9	1	0	.900	293	180
Indianapolis	6	4	0	.600	210	260
Tennessee	4	6	0	.400	219	311
Jacksonville	1	9	0	.100	164	289

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	2	0	.800	267	206
Pittsburgh	6	4	0	.600	217	190
Cincinnati	5	5	0	.500	248	237
Cleveland	2	8	0	.200	189	234

WEST

	W	L	T	Pct	PF	PA
Denver	7	3	0	.700	301	212
San Diego	4	6	0	.400	232	221
Oakland	3	7	0	.300	208	322
Kansas City	1	9	0	.100	152	284

WEEK 11

Monday's result

San Francisco 32 Chicago 7

Horoscopes

Aries

March 21 - April 20

If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

Taurus

April 21 - May 21

Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

Gemini

May 22 - June 21

The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

Cancer

June 22 - July 23

If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

Leo

July 24 - Aug. 23

By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

Virgo

Aug. 24 - Sept. 23

No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

Libra

Sept. 24 - Oct. 23

The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

Scorpio

Oct. 24 - Nov. 22

You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

Sagittarius

Nov. 23 - Dec. 21

Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

Capricorn

Dec. 22 - Jan. 20

The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

Aquarius

Jan. 21 - Feb. 19

Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

Pisces

Feb. 20 - March 20

It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

Across

1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down

1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

	9	3					5	
4					9		8	
5			2		3	6		
	4			7			5	1
7		1		5				9
		9	4		8			7
	2		7					3
6							8	4

Weather

TODAY



MAX: -6°
MIN: -6°

WEDNESDAY



MAX: -11°
MIN: -16°

THURSDAY



MAX: -9°
MIN: -16°

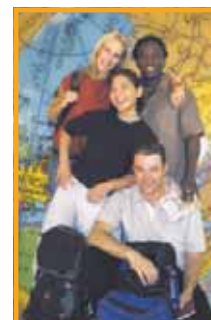


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